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THIS VEGAN BOWL OF GREEN GOODNESS CAN ALSO BE SERVED WITH CHICKEN SAUTÉED IN GARLIC AND OLIVE OIL PAGE 16

Alfredsson set to stay here

The Ottawa Senators captain will likely stay on next season as the team searches for a 'big power forward' PAGE 3

Obama talks Keystone XL

The U.S. president weighs in on the Keystone XL pipeline in a highly-anticipated speech PAGE 9

REMEMBERING DONNA JONES

Friends and co-workers of Donna Jones, who was abused and murdered at the hands of her husband Mark Hutt in December 2009, remember the "bubbly personality" of their friend at a candlelight vigil on Tuesday, following his sentencing for first-degree murder. "We did have a sense of justice," said Donna's brother Derek of the court verdict, "but that healing process will never go away. I miss talking to her on a daily basis." See story, page 4. GRAHAM LANKTREE/METRO

Brace for bigger 'burbs

2031 plan. Majority of employment will still be inside Greenbelt despite outside growth: City

ALEX BOUTILIER
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Urban areas outside of the Greenbelt are expected to see 67 per cent of Ottawa's population growth to 2031, as well as a full half of its growth in employment.

But because the vast majority of jobs are projected to remain in the downtown core, the city is focusing efforts on increasing transit use and other sustainable transportation methods to avoid building bigger roads for more cars.

Draft amendments to Ottawa's Official Plan, a document that guides all city development, projects the largest population growth in urban areas outside the Greenbelt, from 291,000 in 2011 to 432,000 by 2031.

Growth in the urban core is comparatively modest, projected to reach 591,000 by 2031 — an increase of 51,000 from 2011 numbers.

But the majority of those new suburban residents are expected to work in the core.

"More people will be living outside the Greenbelt ... However, the area inside the Greenbelt will continue to contain the greatest concentration of people (52 per cent) and jobs (72 per cent)," the report reads.

"The need to bring people to jobs in and around the central area and elsewhere will continue to create the greatest daily demand for travel in the city."

To brace for the demand, the city wants to increase the share of sustainable modes of transportation (walking, cycling, carpooling, and transit) to 50 per cent of all trips in the morning peak period. Transit will also have to increase its share of trips from 23 per cent to 26 per cent by 2031.

Can the city do it?

"We won't know until we try," said Coun. Keith Egli, the chair of the city's transportation committee.

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Olgilvie Road

Ottawa police investigate spate of tire slashings

Ottawa police are investigating after 21 vehicles had their tires slashed in the early-morning hours Tuesday in the city's east end.

The cars were parked in the 1300 block of Olgilvie Road and police believe the incidents occurred between the hours of 3:30 a.m. and 5:30 a.m. The first call to police came in just before 6 a.m.

A spokesperson for Ottawa police said officers examined the vehicles Tuesday.

Anyone with information on this investigation is asked to call Ottawa police at 613-236-1222 extension 6524.

Police are also asking for anyone who sees suspicious activity to contact at 613-236-1222.

JOE LOFARO/METRO

Transportation

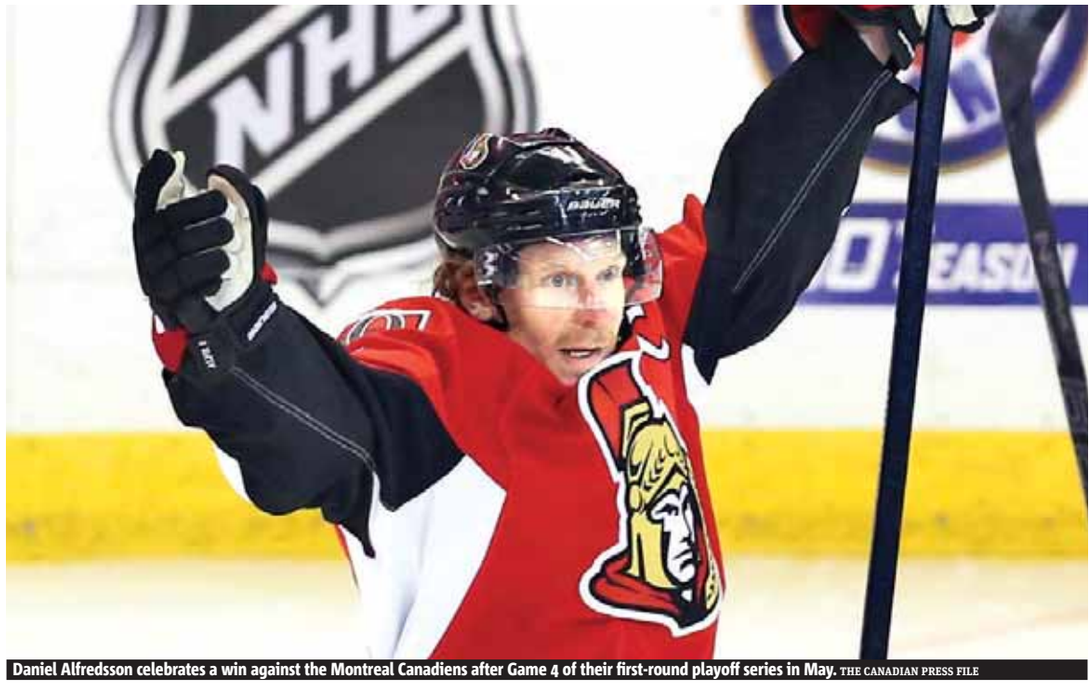
OC Transpo summer schedule begins

OC Transpo's summer schedule is now in effect, including closing the Transitway between Campus and Laurier stations.

New bus-only lanes will now travel directly on Laurier and Nicholas streets to make way for construction on the Confederation Line. New bus routes travelling directly to area museums will also be instituted.

New schedules are available at OC Transpo sales centres, as well as at octranspo.com.

ALEX BOUTILIER/METRO



Daniel Alfredsson celebrates a win against the Montreal Canadiens after Game 4 of their first-round playoff series in May. THE CANADIAN PRESS FILE

Alfredsson likely to return next season?

NHL. Senators on the hunt for 'big power forward' in 2013 draft

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Ottawa Senators captain Daniel Alfredsson will likely stay on next season as the team searches for a big power forward to fill out its ranks at the 2013 NHL Draft this Sunday, team officials said Tuesday.

"We'd love to get a big power forward, no question. But we're not going to go by players on our list just because of size," said assistant general manager Tim Murray after general manager Brian Murray said the team needs to be selective in who it brings on for 2013-2014.

Brian Murray added that he met with Alfredsson before the Senators captain left for Sweden late Sunday and will know by the end of the week whether he will return to the game or retire. "I have a feeling that he wants to play," said Murray. "Hopefully before the draft I will at least understand what he's thinking."

Murray added that "there's no question there's a couple roles we're trying to fill" at this weekend's draft and praised the team's core group of young players who proved themselves this season. "I'd like to be able to add a piece to our team to take a bigger step," he said.

In recent weeks the team brought four of their top draft prospects to Ottawa, revealed Pierre Dorion, director of player personnel.

"They went out and skated, we had tests for them," he said. "When you get to spend a day and half with them, you get to know them more as people and what makes them tick as hockey players."

Quoted

"I have a feeling he wants to play.... Hopefully before the draft I will at least understand what he's thinking."

Senators GM Brian Murray on Daniel Alfredsson's future with the club.

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Wife-killer Mark Hutt sentenced to life in prison

No chance of parole for 25 years. Hutt asked for forgiveness from Donna Jones' family, but her brother said there would be none coming

JOE LOFARO
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Mark Hutt has been sentenced to life in prison with no chance of parole for 25 years for killing his wife Donna Jones before chaining her to his own "private chamber of horrors," a judge said in his ruling Tuesday.

Jones was only 33 when she died from scalding injuries she suffered after her husband of two years knocked a pot of boiling water on to her inside the home they shared on Barwell Avenue. A jury found Hutt guilty of first-degree murder on June 7.

The Nov. 24, 2009 scalding incident left Jones with third and fourth degree burns to nearly 40 per cent of her body. Hutt told police it was, "an accident."

Jones spent 11 days on a makeshift mattress in their basement before she succumbed to her injuries. In addition to the severe burns, she was also found with broken bones, bruises, and 29 air gun pellets lodged in her body.

Court heard 16 victim impact statements on Tuesday during a sentencing hearing. Statements that included powerful messages from Jones' co-workers, longtime friends, and family left many in the courtroom in tears, including the Crown prosecutor and a juror.

Some reading their statements spoke about how they felt responsible for her death. Others said they suffer from nightmares and a disrupted work life.

A close friend of Jones, Melissa Lavery, said she is worried about the stress on her children who witnessed her grief.

"I have terrible images of the pain and anguish Donna went through as I stare into the roaring pot of boiling water as I make pasta or corn on the cob for the family," Lavery said. "I ask myself will boiling water always be like this now? There are so many triggers now. These are very dark days in my life."

Her voice quivered between sobs as she spoke, but she mustered the strength to give some remarks to the court.

"Make no mistake, Hutt may have destroyed our friendships with Donna and isolated her from us, but he will never destroy our circle of friends," she said. "Mark, we will never go away. And our voices will only become stronger and they will ring in your head for years to come."

"I don't forgive him, I don't think about him," said Jones's brother Derek outside the courthouse, before emphasizing that victims of domestic violence should seek help. "He had a wonderful wife and he threw away a life for senseless, stupid acts."

Mark Hutt is seen here in this still image taken from a videotaped interview with Sgt. Mike Hudson on Dec. 11, 2009 — two days after his wife Donna Jones was found dead in their home. INSET: Derek Jones, the victim's brother, speaks with reporters following the sentencing hearing. POLICE HANDOUT/JOE LOFARO/METRO

Unforgiven

"I don't forgive him, I don't think about him."

Donna Jones' brother Derek outside the courthouse

A changed man?

Hutt speaks before his sentencing

Just before he was sentenced, Hutt stood inside the prisoner's box and delivered his own statement to his wife's family.

"I have spent a lot of time trying to find the words in which to ease your broken and shattered hearts. But I now realize there are no such words," said Hutt in a soft voice as he read from a sheet of paper. "As I stand here in front of all you today, what I can tell you all is how truly and sincerely sorry and emotional I am for my actions."

He went on to say he was "disgusted and appalled" at himself and regrets his actions, but told them he is a changed person now.

"Since my incarceration, I am not the monster I once was."

He said he realizes the family will never forgive him, but he added, "forgiveness sets the soul free."

Former soldier denied bail in murder case

A former Canadian soldier accused of murdering Barrhaven resident Fouad Nayel was denied bail Tuesday by a Superior Court judge.

Adam Picard, 29, must remain behind bars under the Justice Douglas Rutherford's ruling, which came after three days of judicial release testimony. The accused testified in his own bail hearing as well as police and two individuals who had applied to be his sureties.

A non-communication order remains in effect for the accused while he is in custody. Picard is prohibited from contacting several of Nayel's family members, his own relatives, and other potential witnesses.

Picard was arrested in December 2012 after Nayel's decomposing remains were found by a passerby in a wooded area in Calabogie a few weeks earlier. Picard was charged with first degree murder. Nayel, 28, had not been seen for nearly six months after his family reported him missing on Father's Day in June.

Many of Nayel's friends and family members have been making regular court appearances over the last several months to support his mom, Nicole, and dad, Amine.

"It's mixed emotions, but at the same time it's a relief," Nicole said with tears in her eyes after coming out of the courtroom.

When he was arrested, Picard was studying at Le Cordon Bleu culinary school in Ottawa. His lawyer said Picard had served in Afghanistan during his stint as a soldier with the Canadian military.

JOE LOFARO/METRO

Barrhaven resident

28

Fouad Nayel was 28 when he was reported missing by his family.

Adam Picard, accused of first-degree murder in death of Fouad Nayel, is seen in this undated Facebook photo. FACEBOOK.COM

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Condo. City recommends rejecting controversial Hintonburg development

The city's planning committee is recommending council reject a controversial 18-storey condo planned near the Parkdale Market.

Developers Tega Homes wanted Ottawa City Hall to change the zoning for the property, located at 233 Armstrong St., for a partially set back 18-storey condo tower. The Wellington West community design plan envisioned a maximum of eight storeys for the site.

City staff agreed with the application. The area councillor, Katherine Hobbs, and a majority of her colleagues on the planning committee did not.

"From the beginning I was against this proposal, because it was never in adherence with the community design plan," said Hobbs Tuesday. "The community has agreed that it is not ... something that they can live with."

Opponent

"From the beginning I was against this proposal, because it was never in adherence with the community design plan."

Coun. Katherine Hobbs

The refusal, if adopted by council, will likely be appealed at the Ontario Municipal Board. Planning chair Coun. Peter Hume anticipated that, and told the committee he has discussed the matter with Mayor Jim Watson.

Hume is hopeful the OMB process will result in a more palatable compromise for the community and the developer.

ALEX BOUTILIER/METRO

An artist's rendering of Tega's proposed development as seen at the corner of Parkdale Avenue and Wellington Street, looking north. HANDOUT

Developer deals. City wants to axe cash-in-lieu of parking program

Ottawa's planning committee is recommending council axe a policy that allowed developers to pay cash rather than provide the city the required number of parking spaces on their property.

The cash-in-lieu of parking program has been in effect in the former City of Ottawa since 1986. It allows property owners to pay cash, rather than provide the required number of parking spaces that goes along with their development. The city is supposed to use that levy to provide public parking.

But city staff say that, over time, the program has lost its way. Cash-in-lieu was only supposed to be invoked when a developer couldn't physically add enough parking spots to their property, but that hasn't happened.

Developers routinely argue that the levy is unwarranted because parking is not required on their properties, or request reductions in parking requirements through zoning applications.

Staff will now research other tools to augment public parking spaces.

The wind-down of the program still requires council approval.

ALEX BOUTILIER/METRO

A series of wearable masks presented at 2012's Mini-Maker Faire. The 2013 version kicks off Aug. 31 at the Canadian Science and Technology Museum. CONTRIBUTED

Calling Ottawa's hackers, crafters and tech masters

2013 Mini-Maker Faire. Organizer hopes to nearly triple exhibitors, event-goers this year

GRAHAM LANKTREE
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A BlackBerry-powered Nerf gun and interactive pendants that glow when wearers meet are just two examples of neat technology at this year's Mini-Maker Faire, and event organizers are calling for more of Ottawa's tinkerers, dabblers and hackers to take part.

"Young people are excited about these new technologies," said the fair's co-organizer Remco Volmer. He urged anyone in Ottawa who likes to take things apart and put them back together, or make new technology, to show off their pet projects at the event from Aug. 31 to Sept. 1.

"We put a high value on getting young people involved," said Volmer. That's the reason the free family-friendly event is now being held at the Canada Science and Technology Museum, he said, adding that some workshops will let kids program their own robots to paint pictures and other activities will have them working with a 3D printer and a hacked foosball table that keeps score.

Being a "maker" is all about adopting the philosophy of taking things apart to find out how they work — something that has gone by the wayside as it became more difficult for people to open up new technologies and tinker with them, Volmer said.

"It's about the idea that when you share knowledge, that moves things along faster than when you have a closed system," he added. Volmer hopes that this year the fair will expand its number of makers exhibitors from 20 last year to 50 in 2013 and three times the number of kids and parents.

"It's a big show-and-tell where people show what they're working on," Volmer said. "It doesn't have to be a finished product. It's about process and showing kids that the fun thing is that there isn't an area that you can't hack."

The Mini-Maker Faire takes place at the Canada Science and Technology Museum.

Meet your maker

"It's about ... showing kids that the fun thing is that there isn't an area that you can't hack."

2013 Mini-Maker Faire Co-organizer Remco Volmer

Dalton McGuinty appears before the Special Committee on Justice Policy at the Ontario Legislature in Toronto, Tuesday. THE CANADIAN PRESS

Email rules unclear: McGuinty

Former Ontario premier Dalton McGuinty says the rules on retaining government emails and correspondence are very confusing.

McGuinty says training for government and political staff won't be enough, and he wants clearer rules to help workers determine which records must be kept for the archives.

He was called back to the justice committee hearings into cancelled gas plants after the privacy commissioner found staff in the former premier's office broke the law by deleting all their emails.

McGuinty testified he was much more concerned with jobs, the economy and health care than with keeping track of emails.

The opposition parties say Liberal staff wiped out emails to try to cover up the cost of cancelling gas plants in Oakville and Mississauga, which is at least $585 million, far more than the $230 million McGuinty originally claimed.

Privacy Commissioner Ann Cavoukian told the committee on Tuesday it was hard to believe emails were deleted for any reason other than to block public access.

THE CANADIAN PRESS

Activists: Pipeline could have ecological, financial cost

Environmentalists worried. TransCanada plans $5B refurbishing of pipeline crossing Rideau River near Ottawa

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Retrofitting an oil pipeline that runs across watersheds south of Ottawa to carry up to 300,000 barrels of Alberta crude to Canada's east coast could have massive financial and ecological costs, environmentalists warned Tuesday.

"If it ever spills, it will sink to the bottom of our rivers and is nearly impossible to clean up," said environmentalist Kurtis Benedetti, standing near the Rideau Centre handing out pamphlets on the proposed expansion of Enbridge's Line 9.

Currently, the pipeline that runs from Sarnia to Montreal moves light crude from the Middle East and Africa from Canada's east coast, but a refurbishment proposed by the company could see the line shipping diluted bitumen tar sands and heavy crude from Alberta to refineries in the Maritimes.

Benedetti pointed to a spill on the Kalamazoo River in Michigan in 2010 that still haunts the region today after some 843,000 gallons of heavy tar-sand crude spilled into the waterway. Crews are still working to clean it up. "It cost U.S. taxpayers $800 million to clean up and Enbridge was fined $3.1 million, a very small fraction of that cost," he said.

A report by the National Research Council, which recorded all spills releasing five gallons or more, says that pipeline spills in North America ranged from 80 to 120 a year between 2002 and 2011.

"There's less protection now because of Bill C-45. Less rivers and bodies of water are protected from environmental damage," said Ottawa's Caleb Robinson, who recently found out about the proposals. "It's frankly getting out of control how tar sands is controlling the country and becoming our primary source of income."

Environmentalist Kurtis Benedetti stands in opposition to retrofitting pipelines near Ottawa that would bring diluted bitumen tar sands from Alberta to the east coast. GRAHAM LANKTREE/METRO

The NAC Orchestra — a symphony of toothpicks

SEAN MCKIBBON/METRO

'Quite amazing'

People love it

Graeme Danko said he and his two kids — Juliana, 3, and one-and-a-half-year-old Eliot — were very impressed by the sculpture being donated to the NAC by Go Sato. "I think it's quite amazing," Danko said.

The right materials

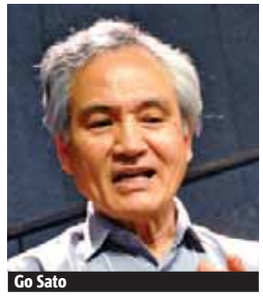
12,500 toothpicks — the round ones

One trip to the dollar store and Sato, a scientific illustrator for Agriculture Canada, had all he needed for his three-year project. Flat toothpicks wouldn't work, Sato said, for rounded forms such as humans and musical instruments.

Energy depleted

Small orchestra took big effort

"I was totally exhausted," Sato said of how he felt June 18 after finishing the roughly 1:17 scale depiction of the 65-member orchestra. Sato used tweezers — fingers are too big for such fine work.



Go Sato

Small world

He's no stranger to microscopic artwork

He's used to working with very small objects. In his job, Sato draws insects that he sees under a microscope. He's been doing the same job for 40 years — sculpting is a hobby.

Orchestrating originality

See it on display during concerts

A longtime subscriber to the NAC's orchestra series, Sato thinks he's the only person to ever build an orchestra. The NAC says it will display the piece during concerts for kids and on special occasions.

Mauritania. Amnesty believes Canadian has been tortured in prison

Amnesty International says it supports the claims of a Canadian who alleges he has been tortured while behind bars in the North African country of Mauritania.

Alex Neve, head of Amnesty's Canadian branch, said he believes 24-year-old Aaron Yoon, who has been in prison since 2011 on terror charges.

Neve said that Yoon also told Canadian government officials who visited him that he had been tortured, so he wants to hear what they are doing about his case. Yoon denies all the charges against him.

"I would say that his torture allegations were vivid and detailed," Neve told The Canadian Press on Tuesday.

"They're certainly credible and completely consistent with the wider pattern that we've known to be the case for quite some time in Mauritania."

Yoon is accused by prosecutors of having links to the terrorists who attacked an Algerian gas plant in January.

Confession

"He was prepared to sign anything. And he did."

Alex Neve, head of Amnesty International's Canadian branch

The terrorists included two Canadians from London, who were found dead at the plant. Yoon and the two men went to the same high school.

He told Neve that he signed a bogus confession after a second round of torture.

"The first time was just a free-for-all of beatings," said Neve, describing how Yoon said he was beaten for about an hour before passing out.

On the second occasion, Yoon's hands and feet were handcuffed behind his back and tied to each other and then tightened, said Neve. Defenceless and lying stomach down in a bow shape, Yoon was beaten for about 20 minutes, he said.

"That's what broke him," said Neve. THE CANADIAN PRESS

Stay Mayor! Compete for a 'high' score in mobile game based on Rob Ford

A mobile game for Android devices is lampooning the controversy surrounding an alleged video appearing to show Toronto Mayor Rob Ford smoking crack cocaine.

In Stay Mayor! by Toronto-based developer Extra! Extra! Games, the player controls a cartoon mayor being pursued by a pack of "bloodthirsty" reporters and cameramen.

The player's mission is to collect $201,255 to buy the alleged video before the U.S. website Gawker can.

Players must dodge crack pipes littered on the ground while being chased by the media and will lose a life if they're stopped for a scrum.

But they also have access to footballs to hurl at the pesky reporters.

Stay Mayor! is a free download via the Google Play marketplace.

THE CANADIAN PRESS

Those who stayed for flood stoke outrage

High River, Alta.
Authorities, citizens blame each other for causing more harm

Kelly Dennis is unapologetic about disobeying a mandatory evacuation order and remaining in her High River, Alta. home while most residents were forced out to high ground as flood waters raged in.

"We saved it," she said Tuesday. "We had a generator pumping."

The lockdown of High River, the hardest-hit community in last week's flooding, has been a major source of tension.

The vast majority of the town's 13,000 residents left when asked last week and now want back in. About 300 stayed, and police have so far opted not to force them out.

On Tuesday, the town's mayor beseeched residents to have some understanding for the monumental recovery task.

"We do not have sanitary sewer. We have no water for those folks. We have no utilities for those folks," an animated Emile Blokland said at an afternoon update.

"When they get here, we have no gas for their cars. We don't have a grocery store open. We don't have the medical centre. We don't have protective services for them."

The people who stayed were making matters worse, said Dave Galea of the Alberta Emergency Management Agency. Police said eight people who stayed behind have had to be rescued so far.

THE CANADIAN PRESS

Six-year-old hippo Lobi explores the African Savannah building on Sunday. HANDOUT/CALGARY ZOO

Zoo keepers go on safari

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face.

One of the more spectacular tales is that of the hippos.

According to Jake Veasey, Director of Animal Care Conservation and Research, there was a real danger of the hippos escaping, possibly even into the Bow River.

Once the water levels in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey, along with other zoo staff members, risked their lives on a number of occasions to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the animals got stuck in a holding area, they were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, as they had to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," said Veasey.

"There is so much debris that if a hippo submerges, you can't see them."

While the zoo already announced the loss of some peacocks and fish, there's still a danger that more animals may not make it through the coming days.

CANDICE WARD/FOR METRO IN CALGARY

Nunavut

Tourists stranded on huge ice floe

Officials were trying Tuesday to rescue tourists stuck on an ice floe in Nunavut.

Nineteen tourists and 12 hunters were trapped when a massive floe broke away from the shore. The chunk of ice floated back Tuesday afternoon. The hunters escaped but the tourists could not from their location.

A Hercules plane dropped life rafts, and the Canadian Forces were sending more aircraft.

THE CANADIAN PRESS

Montreal

New new mayor certain he won't get raided by cops

Montreal's new interim mayor is making what passes for a bold prediction these days for a politician in the city: he's confident his offices won't be targeted in any police raids.

Laurent Blanchard was crowned Tuesday, making him the city's third mayor in less than a year.

He will only hold the job until a November election.

THE CANADIAN PRESS

Woman held in Que. corruption scandal the first denied bail

Pamela Porter, wife of Arthur, hides from the cameras on June 14. RYAN REMIORZ/THE CANADIAN PRESS

Of the 106 people arrested by Quebec's anti-corruption unit, she is the first to have been denied bail.

Pamela Porter, the wife of Canada's former spy watchdog Arthur Porter, had her request for freedom refused during a hearing Tuesday.

She faces one charge of conspiracy as well as another related to laundering more than $22 million stemming from the construction of Montreal's English-language superhospital.

She is accused of helping her husband, the former head of the Security Intelligence Review Committee and of the McGill University Health Centre, launder the money.

The bail process was covered by a publication ban, so details cannot be reported. However, in the end, Judge Robert Marchi agreed with the Crown's contention that Pamela Porter presented a flight risk.

The Porters were arrested separately last month in Panama on an Interpol warrant. She agreed to return to Canada to face charges.

Meanwhile, Arthur Porter remains in a Panamanian prison and is fighting his extradition to Canada on the grounds his arrest was illegal because he has diplomatic immunity. THE CANADIAN PRESS

Obama: Keystone must be in his 'nation's interest'

U.S. President Barack Obama removes his jacket before speaking about climate change Tuesday, at Georgetown University in Washington. Obama is resorting to his executive powers to tackle climate change and sidestep the partisan gridlock in Congress. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Debate heats up. U.S. president says pipeline should only be approved if it doesn't increase greenhouse emissions

American authorities should only approve TransCanada's Keystone XL pipeline if they're certain it won't "significantly exacerbate" greenhouse gas emissions, U.S. President Barack Obama said Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said. "And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

The president's comments came as he provided details of new climate-change regulations that will cut carbon emissions at power plants and require federal projects to better prepare for extreme weather.

He'll use his executive authority to implement most of the proposals, bypassing congressional lawmakers reluctant to move on climate change. THE ASSOCIATED PRESS

Quoted

"This pipeline has been the most studied pipeline in the history of the world."

Joe Oliver, Canada's natural resources minister, citing a report saying that the U.S. already has evidence the Keystone pipeline won't have an impact on emissions levels.

U.S. Snowden's flights set back efforts to strengthen ties with Russia, China

The White House pressed Russia Tuesday to extradite NSA leaker Edward Snowden to face espionage charges, despite Moscow's blunt rejection in a diplomatic faceoff threatening recent attempts by the two countries' presidents to strengthen their ties.

Snowden's evasion of U.S. authorities already has set back President Barack Obama's attempts to cultivate relations with China. Relations with both countries have been at the forefront of Obama's foreign policy agenda this month. Obama met just last week with Russian President Vladimir Putin and held a two-day summit with Chinese President Xi Jinping in California this month.

Putin said that because there is no extradition agreement with the U.S., it couldn't meet the U.S. request for extradition. "Mr. Snowden is a free man, and the sooner he chooses his final destination the better it is for us and for him," Putin said. THE ASSOCIATED PRESS

Russian President Vladimir Putin
KIMMO MANTYLA/GETTY IMAGES

'Fugitive from justice'

During a stop in Saudi Arabia, Secretary of State John Kerry said that while it's true the U.S. does not have an extradition treaty with Russia, "We would hope that Russia would not side with someone who is a fugitive from justice."

Arab Idol. Thousands turn out to greet Palestinian talent-contest champion

Huge crowds gave a chaotic welcome Tuesday to the first Palestinian winner of the Arab Idol talent contest, thronging the territory's border crossing with Egypt and the home of the singer in a Gaza refugee camp.

Mohammed Assaf's victory transformed him into a symbol of Palestinian unity, but political divisions quickly surfaced as he returned to Gaza, ruled by the Islamic militant Hamas.

"My message is national unity and ending the split," Assaf told a news conference, referring to the rivalry between Hamas and Western-backed Palestinian President Mahmoud Abbas in the West Bank.

"I hope I have united the homeland through my songs," Assaf said at the border crossing between Egypt and Gaza.

Thousands of people waited for hours in scorching heat to catch a glimpse of Assaf. They pushed and shoved to get closer when a convoy of cars — one of them carrying the singer — drove from the Egyptian side into Gaza. Thousands more surrounded Assaf's home in the Khan Younis refugee camp, where young men danced in the streets as loudspeakers blasted his music. THE ASSOCIATED PRESS

The winner of Arab Idol, Palestinian Mohammed Assaf, centre, arrives Tuesday at the Rafah crossing point on the border between Egypt and southern Gaza Strip.
KHALED OMAR/THE ASSOCIATED PRESS

Environment

Schwarzenegger's NGO opens office in Algeria

Arnold Schwarzenegger is opening an office of his environmental initiative R20 in Algeria in a bid to help reduce greenhouse emissions there and throughout the Mediterranean.

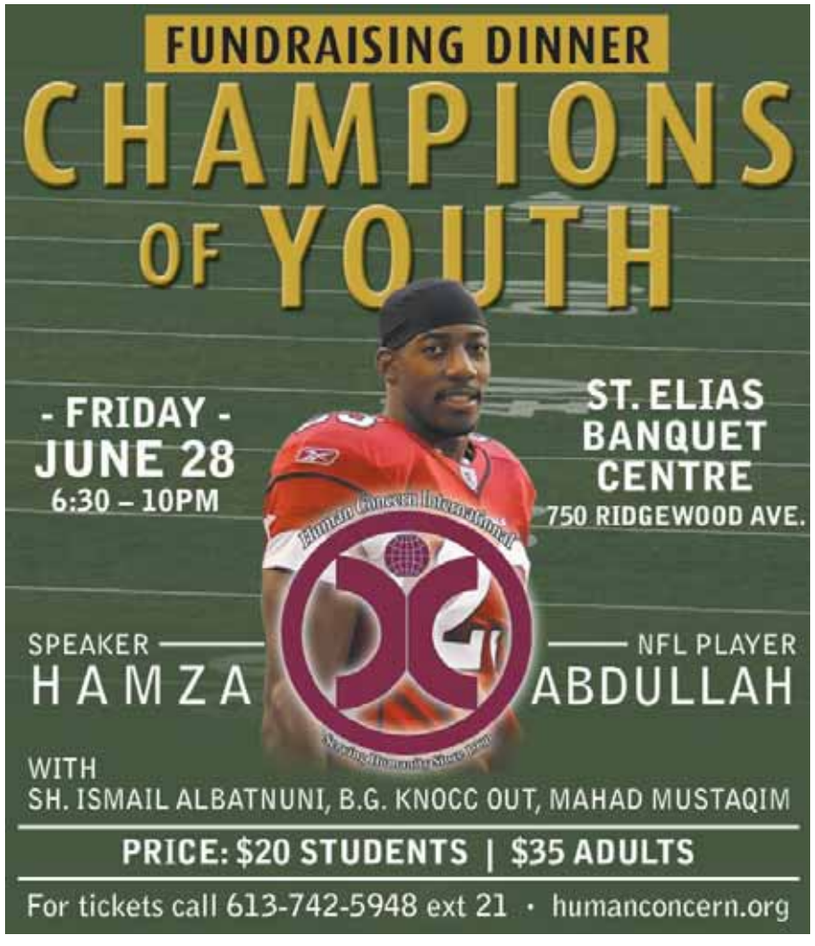
The former California governor and movie star, referring to Terminator, said that "in real life, it's equally important that I play the Terminator and end environmental problems." THE ASSOCIATED PRESS

Whaling

Australia takes Japan to UN's highest court

The battle over Japan's controversial whaling program is moving from the high seas to the United Nations' highest court.

Australia opens its case Wednesday at the International Court of Justice, arguing that Japan's annual hunt around Antarctica is an illegal commercial activity outlawed since 1986. THE ASSOCIATED PRESS



Chinese workers say captive boss hasn't paid them

Chinese workers keeping an American executive confined to his Beijing medical supply factory said Tuesday that they had not been paid in two months in a compensation dispute that highlights tensions in China's labour market. The executive, Chip Starnes of Specialty Medical Supplies, seen here Tuesday behind the bars of his office window, denied the workers' allegations of two months of unpaid wages, as he endured a fifth day of captivity at the plant.

MARK RALSTON/AFP/GETTY IMAGES

Adidas strikes deal to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speedskater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.

Nike Canada supplied jerseys and sports equipment for the team ahead of the London Games last year.

The Adidas Canada deal is the Canadian Olympic team's first partnership involving high-performance apparel and footwear, a COC spokesperson said. THE CANADIAN PRESS

HBC's role

- The Hudson's Bay Company will continue to provide the casual wear that Canadian Olympians wear on the podium and in the opening and closing ceremonies.

Mobile. BlackBerry launches service for rival smartphones

BlackBerry is launching a business service for corporate and government workers with rival Google Android and Apple smartphones.

It's called the Secure Work Space, and it allows Apple and Android users to separate their data and work apps, such as email and calendars, from their personal apps bringing a greater level of security.

The business service is a way for BlackBerry to compete with its rivals — which have been eating into its business user base — of mainly long-term corporate customers. Those deals can be highly lucrative.

THE CANADIAN PRESS

More online

- Former BlackBerry exec Jim Balsillie is being appointed as chair of Sustainable Development Technology Canada, a federal agency that helps firms in the emerging clean-tech industry.
- Visit metronews.ca for more.

Retail. Indigo to launch stores outside Canada in two years

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products.

Chief executive Heather Reisman said Tuesday that the firm plans to launch brick and mortar stores outside of the country in about two years, though she declined to say which markets the retailer is considering.

The book seller has been trying to boost its profitability by stocking more high-margin products, such as gifts, toys and lifestyle items, in effort to adapt to shifting consumer trends

THE CANADIAN PRESS

The book seller has been trying to boost profitability with gifts and lifestyle items — like this Hello mug. INDIGO.CA

Television. Diddy to launch Revolt TV network this year

Diddy had been working on developing a TV network for years. When he was almost shut out of performing on ABC's Dancing With the Stars around the release of a 2010 album, the rapper-producer felt he needed to launch the network sooner rather than later.

He believed there weren't enough outlets for musicians on TV, and that moment drove home the point. He's launching Revolt TV in the fall.

"There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said. "Once some of the other channels stopped having focus on music and focused more on reality ... it left a gaping hole for artists and fans of not having a place to go."

THE ASSOCIATED PRESS

Sean "Diddy" Combs
THE ASSOCIATED PRESS FILE

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Fast and convenient
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Market Minute

DOLLAR 95.16¢ (-0.21¢)

Natural gas: $3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

TSX 12,005.42 (+168.56)

OIL $95.32 US (+14¢)

GOLD $1,275.10 US (-$2)

Retail

Sporting Life buys Tommy & Lefebvre

Sporting Life is buying Ottawa-based ski, snowboard and specialty sport retailer Tommy & Lefebvre. Terms of the deal weren't made public on Tuesday by Sporting Life.

Sporting Life said Tommy & Lefebvre will continue to operate for at least the next year with its current management and sales force before being folded into a new Sporting Life store in Ottawa.

Sporting Life has three stores in Toronto and one in Collingwood, Ont.

THE CANADIAN PRESS

TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

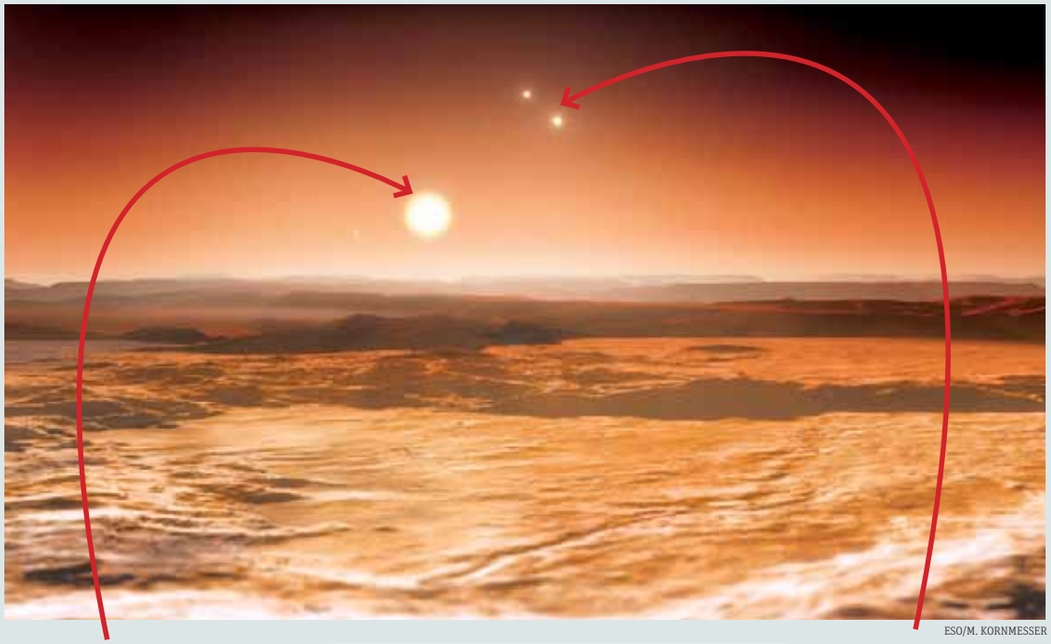
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

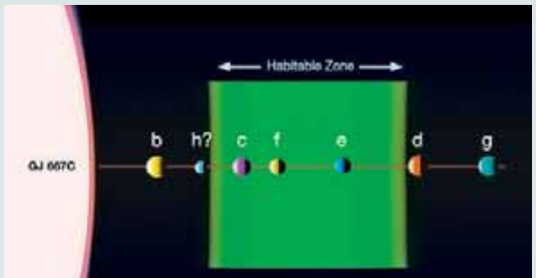
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right, the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties.
(ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy.
(explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

Dale shining his Badge of honour

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed Rubicon. But he's everywhere this summer. In Iron Man 3 he played Eric Savin, the villain's main henchman. In World War Z he's a gruff soldier stationed in South Korea. And in the forthcoming The Lone Ranger he's the titular hero's older outlaw brother, whose code is a bit more morally grey. He also has a sizable role in Parkland, about the JFK assassination and starring Zac Efron and Paul Giamatti. And he's soon to do a comedy with Joe Carnahan, who directed him in a memorable, upsetting death scene in The Grey.

What was it like doing films on this scale?

They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. (The Long Ranger producers) had me show up six weeks early and learn how to handle weaponry. On Iron Man, I've never worked in front of a green screen.

How quickly do you get over acting with major superstars?

You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun.

What's the difference with working on TV versus film?

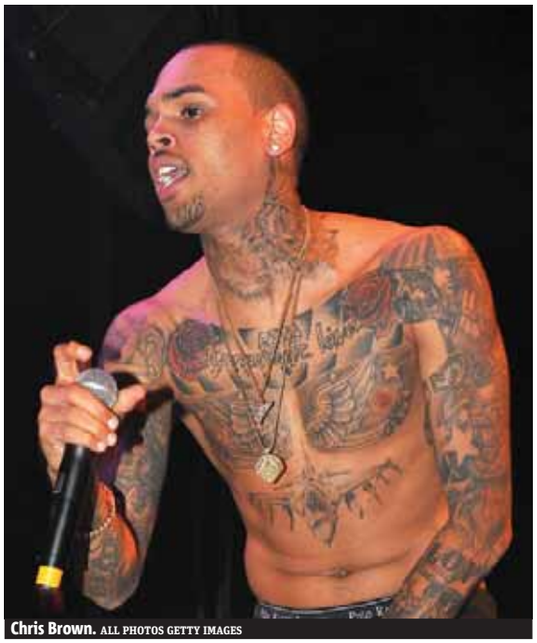
The biggest difference with a film is there's a definitive ending. You know the beginning, middle and the end. You always know where you're trying to get to. With television, it's kind of a catch-22: If the show is successful it keeps going.

MATT PRIGGE/METRO

James Badge Dale stars in three big summer movies. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.

Johnny Depp.

Johnny Depp likes playing dress-up

Johnny Depp feels so connected to Captain Jack Sparrow, his iconic Pirates of the Caribbean character, that he actually travels with the costume at all times, he tells E! News.

"Sometimes you go to kiddie hospitals and things like that," he says of his recent travels.

"I'll just sneak in and go and surprise a bunch of kiddies through the different wards. It basically turns into a two-, three-hour improvisation and it's really fun. So I travel with Captain Jack."

The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl!

It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring, which was designed by Rotella, on her blog and to People magazine. The 18-carat yellow diamond ring is surrounded by pink and yellow flowers made from diamonds. And, oh yeah — owls.

"Because we love owls, there is a hidden owl engraved on the rose gold in between two of the flowers," she says. "The band is art nouveau-inspired, to go with the flowers."

Holly Madison's ginormous, owl-themed ring is hopefully big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials. Rotella would use the coliseum to host raves.

Rotella is currently out on a $1.8 million bail and is due back in court on July 29. So basically, Madison, who was previously engaged to the 80-something Hugh Hefner, likes to choose mates who she thinks she won't have to be with for very long.

Channing Tatum.

Tatum made more than a movie last year

The upcoming White House Down holds a special place in Channing Tatum's heart.

"Jenna (Dewan-Tatum) and I weren't pregnant then, but we conceived on that movie," the new dad tells E! News.

Of course, having a newborn and being a working actor can sometimes cause some conflict.

"I'm away from her for 12 to 13 hours and I feel like I come home and I feel like she's changed," says Tatum, who is currently living and working in London. "Like her face looks different. You feel like every minute that you miss is horrible."

Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

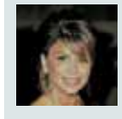
Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Twitter

@mindykaling
Cookies, cupcakes, Italian ice, sushi, steak, fries, creamed spinach, onion rings, s'mores, on my birthday we ate like I'm a Roman Emperor

@chriscolfer
Who is in charge of the minion blimp flying over LA and how can I get invited for a ride???



@PaulaAbdul
What projects are you working on this summer? Gardening? Remodeling? Organizing? Are you enjoying it with a friend?

Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

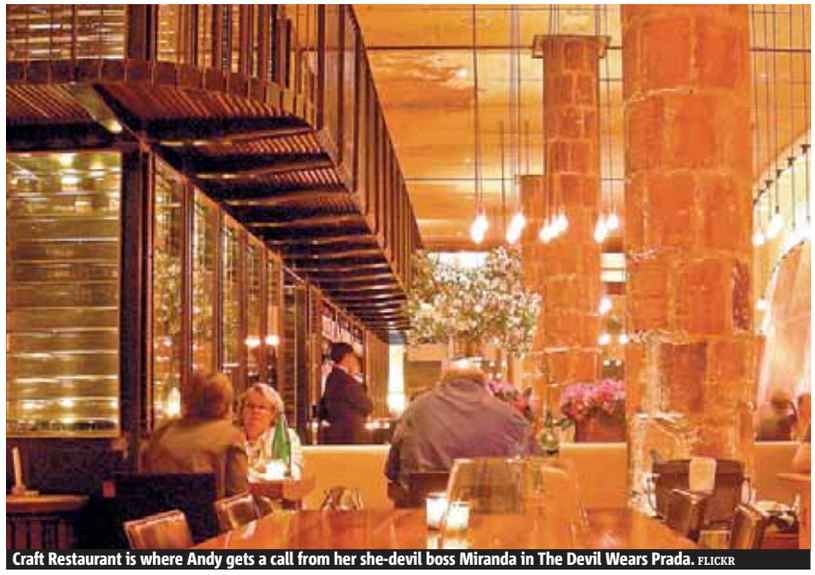
BRIA MARRIETTE
Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant
The Devil Wears Prada (2006)
Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Sardi's
The Muppets Take Manhattan (1984)
Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza
Saturday Night Fever (1977)
There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292


Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR

Talk stocks over a drink at 21 — an eatery in Wall Street. FLICKR

Pershing Square Cafe
Friends With Benefits (2011)
Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambiance make a perfect setting for a first date.
Getting there: 201 W. 83rd St., 212-496-6031

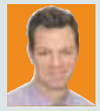
21 Club
Wall Street (1987)
The 21 Club, where greedy money grubber Gordon Gekko and his apprentice Bud Fox would meet in Wall Street, once functioned as a prohibition-era speakeasy. Visit for true meat-and-potato dishes — before you know it, you'll be discussing some of the finer things in life.
Getting there: 21 W. 52nd St., 212-582-7200

The taste is orgasmic

When Harry Met Sally (1989)
Katz's Delicatessen 205 E. Houston St., 212-254-2246
Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

Canada Day

Patriotic places in our great country


ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.
Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

The Cave & Basin National Historic Site, Banff National Park, Alta.
The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

PARKS CANADA IS CELEBRATING CANADA DAY BY OFFERING FREE ADMISSION TO EVERY NATIONAL PARK, HISTORIC SITE AND MARINE CONSERVATION AREA ACROSS THE COUNTRY.

Wisconsin: There's more here than cheddar

Lake Elkhart. A state synonymous with cheesehead hats also offers plenty of adventures, both outdoor and indoor

VAWN HIMMELSBACH
life@metronews.ca

One usually associates the word "Wisconsin" with the word "cheese."

But there's a lot more to this state than rolling hills and dairy products. Lake Elkhart, a few hours' drive from Chicago, makes a great city escape for those seeking a lakeside resort with plenty of unexpected adventure on offer.

From a European racetrack to a French cooking school, Wisconsin just might surprise you.

Here are five ways to experience Lake Elkhart, no cheddar required:

Learn to drive a race car

Since 1955, when the state legislature banned racing on public roads, Road America has become one of the country's premier racing venues. In addition to pro and amateur racing, America's National Park of Speed hosts year-round activities, including an on-track tour that allows you to drive your own race car around the four-mile, 14-turn racetrack. Go off-roading in an ATV and take in the scenery (and mud!) around 640 acres of grounds, or try your hand at karting on a challenging hillside slalom course that, with 50 feet of elevation change, isn't exactly your typical kiddie go-kart experience.

Learn how to cook a gourmet French meal

Sure, Wisconsin isn't exactly synonymous with French cuisine, but at Lake Elkhart's L'ecole de la Maison cooking school you'll learn the art of French-style comfort food — and you'll get to eat everything, too. Under the instruction of The Osthoff's chef Scott Baker, you'll learn how to make classic dishes such as French onion au gratin, coquilles St. Jacques, tournados of beef au poivre, crêpes suzettes and, of course, French baguettes. The school offers half-day, one-day and two-day courses, which are faithful to traditional recipes but geared toward novices.

Discover fine dining

It may be a small town (where you start to feel like you know the locals after a couple of days), but Lake Elkhart has a surprising variety of top dining options. Try the Paddock Club, which takes its name from the legendary gambling club of the early 1900s. The menu mixes seasonal ingredients with European culinary traditions; be sure to enjoy a cold Wisconsin beer at the turn-of-the-century bar. The Lake Street Café has an extensive (and award-winning) wine list, and its menu features dishes made from scratch with fresh ingredients. Try the elk strip loin, grilled medium rare, with pancetta gruyere potato gnocchi. To take home a taste of Wisconsin, head to the Vintage Elkhart Lake Wine Shop and Tasting Bar, where you'll find a unique selection of local wines as well as local artisanal cheeses, olive oils and vinegars bottled to order.

Detox with some sage and cedar

Legend has it that Lake Elkhart got its name from the Potawatomi Indians, the original tribe of the area, who called it "Great Elk Heart Lake." They believed the water had curative powers — and you can experience its healing effects for yourself at Aspira Spa, which takes an organic, holistic approach to healing therapies. In the signature sacred waters massage, water from the lake is heated in buckskin pouches, which are placed on the body to dissolve muscle tension. And the signature cedars massage incorporates fresh native cedar, which is used by Native Americans to purify and protect.

Get active: Kayak, bike or sail

With the amount of butter and cream you've consumed at L'ecole de la Maison, you may be looking for a way to burn off a few extra thousand calories. Fortunately, the town's resorts and outfitters rent everything necessary for outdoor adventure. Take out a hydro-bike, canoe, kayak, sailboat or paddleboat on the lake; water ski and wakeboard lessons are available (as well as party boat rides, if you're less inclined toward athletic pursuits). Or rent a mountain bike and head to the Kettle Moraine State Forest, which offers more than 132 miles of biking trails (varying in difficulty and length). If you're not keen to go off on your own, try a guided "silent water tour" with Ecology Outfitters, where you'll learn the basics of kayaking as you paddle around the lake.

If you go...

- **To get here.** Fly into Milwaukee County's General Mitchell International Airport; from there, it's a 90-minute drive to Lake Elkhart.
- **Where to stay.** Siebkens is a turn-of-the-century resort, currently run by the fourth generation of the same family. With a private beach on the lake and Stop-Inn Tavern (the heart of the town's nightlife), Siebkens offers condominium hotel suites in its Lakeview building, standard hotel rooms in its Elm Park building and B&B style rooms in its Lake Cottage.

That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.
COURTESY OF BELVEDERE VODKA

Ancient grain gives healthy Tabbouleh even healthier kick

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

These days, more and more people seem to agree that this Middle Eastern salad of bulgur wheat tossed with cucumbers, tomatoes, herbs, olive oil and lemon juice is delicious.

So why would anyone want to mess with success? Because even though bulgur wheat — a whole grain that has been cracked and partially cooked — is healthier than white rice, quinoa is even healthier.

1. Using mesh strainer, rinse and drain quinoa under cold water.

2. In saucepan over medium heat, combine quinoa, broth and 2 tablespoon of lemon juice. Bring to boil, then reduce to simmer, cover and cook until broth is absorbed, 13 minutes. When done, grains will appear soft and translucent, and germ ring will be visible along outside edge. Transfer to shallow platter and spread. Let cool.

3. Meanwhile, place tomatoes in mesh strainer. Sprinkle lightly with salt and set over sink to let drain for 10 minutes.

4. Once the quinoa has cooled, transfer it to a large serving bowl. Add the drained tomatoes, the cucumber, scallions, garlic, remaining 4 tablespoons of lemon juice and the oil. Season with salt and pepper to taste. Chill for at least 1 hour, or until ready to serve. Just before serving, stir in the parsley and mint. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 cup quinoa
- 1 1/4 cups vegetable broth
- 6 tbsp lemon juice, divided
- 2 cups halved cherry tomatoes
- Kosher salt
- 2 cups finely chopped seedless cucumber
- 3 scallions, finely chopped
- 1 clove garlic, minced
- 1/3 cup extra-virgin olive oil
- Black pepper
- 2 cups firmly packed fresh flat-leaf parsley, chopped
- 1 cup firmly packed fresh mint leaves, shredded

Lunch. Fiesta Quinoa Salad

NICOLE MACPHERSON
yummymummyclub.ca

1. Prepare quinoa according to package directions. Refrigerate until completely cooled.

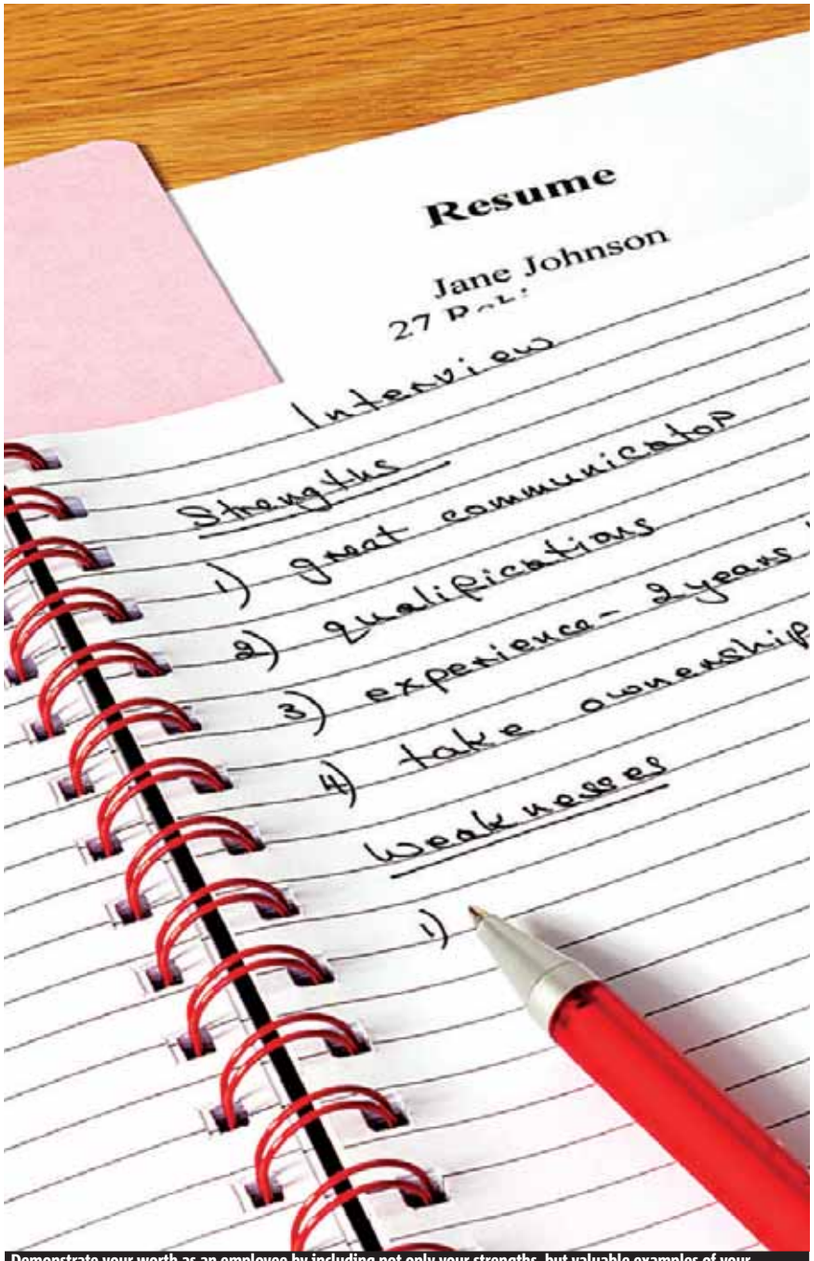
2. Whisk together lime juice, olive oil, garlic, onion powder, cumin, sugar, salt and pepper.

3. Add chickpeas, black beans, and cherry tomatoes to the cooled quinoa. Pour dressing over top and combine well.

4. Stir in the cilantro and avocado just before serving. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup quinoa
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1 1/2 tsp minced dehydrated onion or onion powder
- 1 tsp cumin
- 1/2 tsp sugar
- Sea salt and cracked pepper, to taste
- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1/2 cup cilantro, chopped
- 1 avocado, diced



Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time.

ISTOCK

Stop, in the name of a relevant resumé

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resumés include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply be reading the job title you've listed.

Accomplishments, on the other hand, are far more effective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resumés?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.
- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

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IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

AJA/VEER

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)
- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

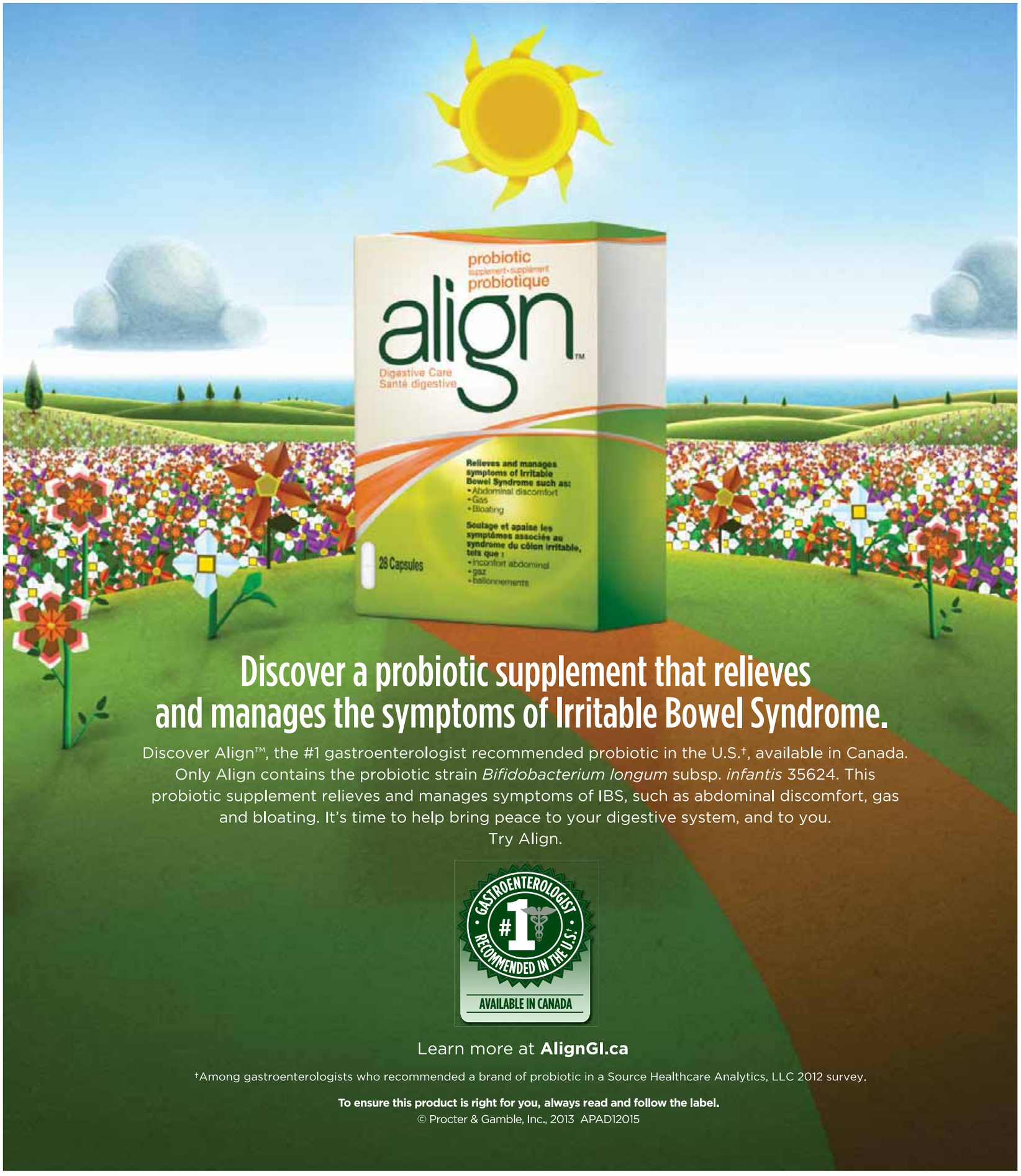
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



Discover a probiotic supplement that relieves and manages the symptoms of Irritable Bowel Syndrome.

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†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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† Source Health Care Analytics, 2012. © 2013 P&G

TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.

• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.

• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.

• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).

• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:

• Taking a zinc supplement can help keep your immune system and gut healthy.

• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.

• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.

NANKA (KUCHERENKO OLENA)/VEER

• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.

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WAVEBREAKMEDIAMICRRO/VEER

PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium. When taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

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WAYS SUMMER ROBS YOU OF REST

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can make your allergies worse. Ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. If this noise is a problem, earplugs or a white noise machine might help.

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VICKS®

Milos Raonic returns the ball to Carlos Berlocq during their first-round Wimbledon match in London on Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Raonic finds his footing on grass

Wimbledon. No. 17 seed smashes through first round with straight-sets win

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastien Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, who has struggled of late to get his grass-court game in form, said he was happy with the way he played Tuesday.

"My game feels a lot better than last week," Raonic said. "We worked on a lot of things. Also, this is a grand slam and you bite down harder."

The 22-year-old had 19 aces and just 18 unforced errors in the match.

"I kept the pressure on (Berlocq) the whole time," Raonic said. "I'm feeling much more comfortable on grass. I've had moments in the past when I doubted myself, but I'm playing with more peace and confidence."

Raonic's next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories.

THE CANADIAN PRESS

Big names bring A games

Top-ranked Novak Djokovic also opened his campaign with a straight-sets victory, beating Florian Mayer of Germany 6-3, 7-5, 6-4.

- On the women's side, Serena Williams looked every bit the five-time champion as she began her Wimbledon title defence with a routine 6-1, 6-3 victory over Mandy Minella of Luxembourg.

THE ASSOCIATED PRESS

NHL

Canucks welcome Torts as new coach

The Vancouver Canucks found their replacement for Alain Vigneault on Tuesday, naming John Tortorella the 17th head coach in the NHL club's history.

Tortorella was let go by the New York Rangers a few weeks ago and Vigneault recently replaced him in the Big Apple. Tortorella, who has 24 years of coaching experience, won a Stanley Cup with the Tampa Bay Lightning in 2004.

He said coaching in Canada has been one of his dreams. THE CANADIAN PRESS

NBA

Ex-Celtic Rivers named Clippers' new coach, VP

Doc Rivers is the Los Angeles Clippers' new coach and senior vice-president of basketball operations.

The Clippers finalized the championship-winning coach's move from the Boston Celtics on Tuesday after weeks of negotiations and reversals.

Boston will get a future first-round pick from the Clippers for Rivers, who went 416-305 and won the 2008 NBA title during nine seasons with the Celtics.

THE ASSOCIATED PRESS

Soccer

Sinclair joins Walk of Fame

As soccer star Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday, she marvelled that her gutsy performance at the 2012 London Olympics is still being talked about.

Sinclair joins Terry Fox, actor Alan Thicke, and human-rights advocates Craig and Marc Kielburger, to name a few, as the latest honorees to join the Walk of Fame. THE CANADIAN PRESS

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78 YEARS

R.A. Dickey's ability to throw his knuckleball around 83 m.p.h. helped him win the NL Cy Young award and lead the league in strikeouts with 230 in 2012. Dickey has yet to recreate that velocity this season with the Blue Jays. ROB CARR/GETTY IMAGES

Dickey getting back up to speed with Blue Jays

MLB. Knuckleballer's velocity slowly rising back to levels of 2012 Cy Young season

R.A. Dickey doesn't blow his knuckleball by hitters, but velocity is still important.

His ability to throw 80 m.p.h. and higher is what separates him from his knuckleball predecessors, and what made him so successful last season.

Dickey essentially has three different knuckleballs: One he throws in the low-70s, another in the mid-70s and a third, which registers in the 79 to 83 m.p.h. range.

This season, Dickey's average knuckleball velocity is down 2.1 m.p.h. (dropping to 75.1 m.p.h. from 77.2 m.p.h. a year ago). The slowdown is due to his inability to throw his hard knuckler while he dealt with nagging back and neck pain from mid-April through to the end of May.

He admits the decreased velocity, while seemingly marginal, has played a major role in his struggles this season.

"All the analysis would point to that being a contributing factor," he said Monday in Tampa Bay. "It certainly helps me from a confidence standpoint when I know I can throw an 80 m.p.h. knuckleball at will.

"I'm almost there ... I can throw a 78-79 m.p.h. one at will."

Dickey, holder of a disappointing 5.15 ERA, will make his 17th start for the Blue Jays on Wednesday in the finale of their three-game series against the Rays. He is hoping to build on some of the positive signs of his recent starts.

Dickey's average velocity in his last two starts was 75.8 and 75.9, respectively, the highest it has been since the second week of the season.

While he gave up three home runs in his last start against Baltimore on Friday, he also posted his second-highest swing-and-miss rate this season.

"I do feel like in the last two or three weeks ... I've been better at feeling comfortable. (Monday) I threw a side and it felt very familiar to last year."

Dickey says the pain in his upper back and neck is completely gone — "I have no physical issues at all right now" — but he is still strengthening his arm and trying to lose some bad habits he picked up in his delivery while compensating for the pain.

"Those hopefully will be ironed out, even by this outing," he said. TORSTAR NEWS SERVICE

Return to the top

Jose Reyes will return to the Jays on Wednesday after spending more than 10 weeks on the disabled list, the club announced late Monday night.

- The star shortstop will resume his position atop the order.
- Reyes' return could spell the end of the line for Munenori Kawasaki, Reyes' replacement at shortstop who is the logical choice to be optioned back to Triple-A Buffalo.

Go to metronews.ca for coverage of Tuesday night's game in Tampa Bay.

NHL

Flyers pay for 'costly mistake' that was Bryzgalov

Calling the decision to sign Ilya Bryzgalov two years ago a "costly mistake," the Philadelphia Flyers will buy out the remainder of the goalie's hefty contract.

The move made Tuesday saves the team nearly $6 million under the salary cap for each of the next seven years. Bryzgalov was two seasons into a $51 million, nine-year deal.

"Obviously it's a costly mistake that we made," general manager Paul Holmgren said. "You know Ilya, it's hard to fault him. I still believe he played pretty good."

Bryzgalov was 52-33-10 with a 2.61 goals-against average and a .905 save percentage in the regular season for Philadelphia. THE ASSOCIATED PRESS

Ilya Bryzgalov GETTY IMAGES

NHL. Blackhawks send fans on scavenger hunt for Stanley

The Chicago Blackhawks brought the Stanley Cup home Tuesday and proceeded to take it on a pub crawl, with scores of ecstatic fans flocking to taverns and restaurants in hopes of catching a glimpse of their beloved players and the sacred trophy awarded to the NHL champion.

Many fans, bleary eyed from staying up the night before to watch Game 6, looked to the skies for TV news helicopters that would alert them they were on the right track. Others set themselves up at bars, hoping the rumours from friends or Twitter might turn out to be true.

"We've been packed since 7 this morning." said Brad Tice, general manager of The Pony on Chicago's North Side. "In 2010 (the last time the Blackhawks won the cup) it came here, and players hang out here and live in the neighbourhood, so everyone is hoping it will show up."

In suburban Oak Brook, fans descended on a restaurant said to be a favourite spot of Blackhawks coach Joel Quenneville. By mid-afternoon, the cup hadn't shown up at either spot.

The trophy that turns into a drinking buddy once it is awarded champions had already put in a pretty full day. It did make the rounds, stopping at two restaurants and the United Center, where the Blackhawks play, and a downtown steakhouse.

Playoff MVP Patrick Kane carries the Conn Smythe trophy off the Blackhawks' plane early Tuesday morning. THE ASSOCIATED PRESS

"I'm shaking, that was so cool," said 21-year-old Anne Fernandez after she reached out and touched the cup as Blackhawks president and CEO John McDonough pulled it out of a black SUV in front a restaurant.

At about 4 a.m., the jet carrying the players and the cup touched down at O'Hare International Airport, where they received a water cannon salute from fire trucks and police cars. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	45	33	.577	—
New York	41	34	.547	2½
Baltimore	42	35	.545	2½
Tampa Bay	40	37	.519	4½
Toronto	38	37	.507	5½
CENTRAL DIVISION				
Detroit	42	32	.568	—
Cleveland	39	36	.520	3½
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½
WEST DIVISION				
Texas	44	32	.579	—
Oakland	44	34	.564	1
Seattle	34	43	.442	10½
Los Angeles	33	43	.434	11
Houston	29	48	.377	15½

Tuesday's results
Cleveland at Baltimore
Texas at N.Y. Yankees
L.A. Angels at Detroit
Colorado at Boston
Toronto at Tampa Bay
N.Y. Mets at Chicago White Sox
St. Louis at Houston
Atlanta at Kansas City
Cincinnati at Oakland
Pittsburgh at Seattle
Monday's results
Cleveland 5 Baltimore 2
Tampa Bay 4 Toronto 1
Wednesday's games — All Times Eastern
Toronto (Dickey 6-8) at Tampa Bay (Hernandez 4-8), 12:10 p.m.
Cincinnati (Bailey 4-5) at Oakland (Griffin 5-6), 3:35 p.m.
Pittsburgh (Gomez 2-0) at Seattle (Hernandez 8-4), 3:40 p.m.
Colorado (Oswalt 0-1) at Boston (Lackey 4-5), 4:05 p.m.
Cleveland (Kazmir 4-4) at Baltimore (Hammel 7-4), 7:05 p.m.
Texas (Grimm 6-5) at N.Y. Yankees (Pettitte 5-5), 7:05 p.m.
L.A. Angels (Hanson 4-2) at Detroit (Alvarez 1-0), 7:08 p.m.
N.Y. Mets (Marcum 0-9) at Chicago White Sox (Danks 1-4), 8:10 p.m.
St. Louis (Lynn 10-1) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Minor 8-3) at Kansas City (Mendoza 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Atlanta	44	33	.571	—
Washington	37	38	.493	6
Philadelphia	36	41	.468	8
New York	30	42	.417	11½
Miami	25	50	.333	18
CENTRAL DIVISION				
St. Louis	47	29	.618	—
Pittsburgh	46	30	.605	1
Cincinnati	45	32	.584	2½
Chicago	31	43	.419	15
Milwaukee	31	43	.419	15
WEST DIVISION				
Arizona	41	34	.547	—
Colorado	39	38	.506	3
San Diego	39	38	.506	3
San Francisco	38	38	.500	3½
Los Angeles	33	42	.440	8

Tuesday's results
Arizona at Washington
Minnesota at Miami
Chicago Cubs at Milwaukee
Philadelphia at San Diego
San Francisco at L.A. Dodgers
Monday's results
San Diego 4 Philadelphia 3 (10)
L.A. Dodgers 3 San Francisco 1
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-6) at Miami (Koehler 1-5), 12:40 p.m.
Arizona (Miley 4-6) at Washington (Zimmermann 10-3), 7:05 p.m.
Chicago Cubs (Feldman 6-6) at Milwaukee (Gallardo 6-6), 8:10 p.m.
Philadelphia (Hamels 2-11) at San Diego (Erlin 1-0), 10:10 p.m.
San Francisco (Lincecum 4-7) at L.A. Dodgers (Kershaw 5-5), 10:10 p.m.

CFL

REGULAR SEASON

WEEK ONE
Thursday's game — All Times Eastern
Montreal at Winnipeg, 9 p.m.
Friday's games
Hamilton at Toronto, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's game
Saskatchewan at Edmonton, 3:30 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)
CHICAGO (W1) VS. BOSTON (E4)
(Chicago wins series 4-2)
Monday's result
Chicago 3 Boston 2

RECENT CHAMPIONS

2012-13 — Chicago Blackhawks
2011-12 — Los Angeles Kings
2010-11 — Boston Bruins
2009-10 — Chicago Blackhawks
2008-09 — Pittsburgh Penguins
2007-08 — Detroit Red Wings

CONN SMYTHE TROPHY WINNERS

Stanley Cup Playoff MVP
2013 — Patrick Kane, F, Chicago
2012 — Jonathan Quick, G, Los Angeles
2011 — Tim Thomas, G, Boston
2010 — Jonathan Toews, F, Chicago
2009 — Evgeni Malkin, F, Pittsburgh
2008 — Henrik Zetterberg, D, Detroit

PLAYOFF SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	17	26
Kane, Chi	9	10	19
Horton, Bos	7	12	19
Lucic, Bos	7	12	19
Bickell, Chi	9	8	17
Sharp, Chi	10	6	16
Hossa, Chi	7	9	16
Malkin, Pgh	4	12	16
Letang, Pgh	3	13	16
Bergeron, Bos	9	6	15
Crosby, Pgh	7	8	15
Chara, Bos	3	12	15

SOCCER

MLS

Saturday's games — All Times Eastern
Real Salt Lake at Toronto, 1 p.m.
Dallas at Philadelphia, 5:30 p.m.
Colorado at Montreal, 7 p.m.
Vancouver at D.C., 7 p.m.
Columbus at Kansas City, 8:30 p.m.
New England at Chivas USA, 10:30 p.m.
Los Angeles at San Jose, 10:30 p.m.
Sunday's game
Houston at New York, 2 p.m.

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GS-SKY model shown

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GT model shown

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The 2014 Acura MDX

ALL PHOTOS WHEELBASEMEDIA.COM

Review. Lighter, stronger, quicker and more fuel efficient, here's how Acura did it

MALCOLM GUNN
wheelbasemedia.com

For years, the term "all new" has been an abused and incorrectly applied phrase in the lexicon of automotive jargon.

However, it's exactly the right term to describe the 2014 Acura MDX. This premium-grade seven-passenger wagon shares nothing with its predecessor and also breaks new ground in content, technology and fuel efficiency. The new MDX conveys a stronger sense of luxury, especially with its "Jewel Eye" headlights that have become the signature styling item for the Acura brand.

Although cargo volume has been slightly reduced, functionality has improved with added length behind the third-row seat. There's also a flatter load floor when both rear rows are folded. The MDX has supportive front-row buckets and an adjustable second row with 15 centimetres of fore/aft travel.

That creates a decent passageway to the third row that's suitable for a couple of kids, but remains a penalty box for adults. To assist, however, there are illuminated buttons on each side and behind the second-row bench that, when pushed, make the seat slide forward for easier entry and exit.

Button clutter on the redesigned dashboard and control panel is reduced to nine from 41 as the rest are now incorporated into a console-mounted dial plus a touch-screen display for the audio, communications and climate-control systems.

For the driver, a simple display between the speedometer and tachometer shows basic navigation and audio info plus outside temperature, average speed and fuel consumption.

The previous MDX featured a firmed-up ride and sporty (as in high-effort) steering, but customer feedback showed that that's not the priority. The 2014 model goes the other way, now, with a more supple ride and lighter steering. The MDX drives like an upscale wagon should, but is in no way bouncy or sloppy over rough surfaces.

The finished product now rests on an all-new (there's that term again) and more rigid platform, complete with front and rear suspensions specifically designed to improve ride and reduce annoying road noises.

Acura claims the more aerodynamic body structure weighs about 55 kilograms less and, combined with other measures, contributes to a total 125-kilogram weight trimming (for comparison, the Audi Q7 is heavier by about 450 kilograms). Those numbers would improve if the U.S.-only front-wheel-drive MDX (a first for the brand) was offered in Canada.

It would also have dropped the base AWD MDX's $51,900 list price by at least a few thousand dollars. At the upper end of the scale, the loaded-to-the gills MDX Elite tops $67,900.

However the improved AWD system is one of the vehicle's key strengths, considering how well it aids bad-weather grip and works with the braking system to help keep the MDX on its intended path in the turns (called torque vectoring). It certainly demonstrated its abilities by keeping the MDX on track while traversing Oregon's rain-soaked secondary roads.

No matter how you slice it, the MDX's improved status will score major points with buyers and give the proper meaning to the term "all new."

2014 Acura MDX

- **Type.** Four-door, all-wheel-drive sport utility vehicle
- **Engines (hp).** 3.5-litre DOHC V6 (290)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $51,900

Design

Of course the shape and familiar shield-type grille are dead giveaways as to the MDX's origins. But a slightly lower roofline, a 7.5-centimetre stretch between the front and rear wheels and a five-centimetre gain in overall length makes it appear larger than the tape measure suggests.

Fuel economy

It's also more fuel efficient, with an estimated 11.2 l/100 km city rating and 7.7 on the highway, bettering the previous 13.2/9.6 marks. That's close to 25 per cent better on the highway.

Engine

Another area of reduction is the 290-horsepower 3.5-litre V6 that replaces the 300-horsepower 3.7. Smaller, yes, but no one will be the wiser since the 3.5's torque rating is within three pound-feet (267 at 4,500 r.p.m. versus 270 at 5,000 r.p.m.) of the 3.7 and the lighter MDX moves as smoothly as ever.

The number of dash buttons drops to nine from a dizzying 41.

Compare

1 Infiniti JX
Base price: $47,000

2 Buick Enclave AWD
Base price: $46,100

3 Lincoln MKT
Base price: $50,800

5 DRIVE

Exhibit A in search for true Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task

AUTO PILOT
Mike Goetz
drive@metronews.ca

Old and the new side by side. BOTH PHOTOS MIKE GOETZ

An array of vehicles, new and old, were on show at the exhibit.

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go. About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it. Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions. "Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection. She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc. We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing … that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S, and has been almost from the beginning." She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources. The Auto Pact (enacted in 1965) made the Canada-U.S industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

Crash test facilities a credit to Canadians

Driving force. PMG's award-winning work is part of the reason why there are less and less fatalities on our roads

JIL MCINTOSH
drive@metronews.ca

A Chevrolet Volt after a rear end crash test at the PMG research centre.

A front crash test at the PMG research centre. BOTH PHOTOS JIL MCINTOSH

Facts

- **Airbags not mandatory.** Although the U.S. requires all new cars to have front airbags, they're not mandatory here. Instead, Transport Canada sets a front seat safety standard. Since airbags meet the standard, and they're putting them in cars for the U.S. anyway, that's what automakers use.
- **Seatbelt tests.** In addition to frontal crashes, PMG also tests seatbelts with a moving "sled," and uses platforms and ramps for rollover and side-impact crashes.
- **Precision.** Crash tests must be absolutely precise, since hitting even a few millimetres off the target, or at the wrong speed, can create inaccurate data.

Although there are more cars on the road each year, the fatality rate in collisions is consistently dropping. It isn't because drivers are getting better, but because vehicle safety is continually improving.

Part of the process is crash testing. Most of our crash data comes from U.S. government testing, but Transport Canada also maintains a Motor Vehicle Test and Research Centre, managed by PMG Technologies in Blainville, Quebec. "We verify the compliance with Transport Canada safety standards," says Alain Bussières, president of PMG. "We need to ensure that occupants will be protected in the passenger compartment."

Vehicle standards between Canada and the U.S. are mostly harmonized, but there are a few regulations that differ, and PMG tests to ensure that the Canadian requirements are met. Transport Canada also does random "spot checks" to ensure the crash safety of high-volume vehicles. They're purchased from dealerships, rather than directly from manufacturers, to make sure they're not specially prepped and are the same as a consumer would get.

Quoted

"We need to ensure that occupants are protected in the passenger compartment."

Alain Bussières, president of PMG

PMG does more than just slam vehicles into each other. It also tests such things as seatbelts, roof strength, brakes, bumpers and child seats. "If there is a failure, a report will be issued to Transport Canada," Bussières says. In some cases, this could lead to the manufacturer having to issue a recall.

In addition to government testing, PMG is available as a third-party facility for automobile and component manufacturers.

While many companies have their own test facilities, they may not have some of the higher-tech equipment.

A sophisticated crash-test dummy for measuring side impacts can cost between $300,000 and $500,000, with a few as high as $1 million. This is the type of equipment that only very large automakers or government agencies may have, Bussières says.

PMG also tests more than just crashworthiness. Special chambers can freeze vehicles to -55C or heat to 85C, while its 25 km of outside test track contains numerous surfaces to check performance, handling and braking.

The facility can even handle buses, trains and airplanes and both the Vehicle Test Centre and PMG have won numerous international awards for test quality.

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. MSRP of $14,990/$24,990 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, plus $1,395/$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of $97/$139. $0/$3,730 down payment or equivalent trade-in, due at signing. Cost of borrowing is $1,127/$2,428 for a total obligation of $17,512/$25,298. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 2, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, $24,590/$41,125. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG.
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A new car? ... All in (less than) a day's work

Autoknow. From start to finish each car at the impressive General Motors of Canada plant takes just 22 hours and they can make up to 750 vehicles per day

JOE KNYCHA
wheelbasemedia.com

One of the plant's models receives a spray job on its short journey to being completed.

The Oshawa plant builds six different car models. ALL IMAGES WHEELBASE

You're driving around in your new 2014 Chevrolet Impala, groaning about the traffic, the misty weather and wondering about whether you forgot to pack the power cord for your laptop.

But what about the miracle of the automobile, and how it came to be that this new Impala ended up on the road under you?

A team had to design the look, engineers had to sort out the powertrains and supporting systems, others had to make the parts look pretty and shiny and another other person, or team, had to make it work so seamlessly that you never give its operation a second thought. And then someone has to build 750 of them every day.

The first thing to tip off a visitor that the sprawling General Motors of Canada Oshawa Assembly Plant isn't your average production line is the almost eerie silence of the place.

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line, making it one of North America's most efficient state-of-the-art automobile production plants.

It is capable of building a variety of vehicles to an array of trim and equipment levels all at one time, in any combination.

As visitors strictly adhere to safety paths throughout the near nine million square foot (840,000 square metre) facility, an unending progression of four different GM vehicles moves slowly but steadily in various stages of build and finish, gliding nearly silently on automated dollies, along moving floors and overhead on elevated lines.

Plant launch operations manager Ted Lang explains how engines, alternators, compressors and electronic and other components all come together to comprise, in the end, either a Chevrolet Camaro (in coupe, and convertible trims), Buick Regal, new Chevrolet Impala or Cadillac XTS. Each one, he notes, represents a customer's order, and each must exactly match its order sheet.

The deafening din, incessant clanging of heavy metal and flashing hellfire that one might expect from an industrial complex that pumps out 750 vehicles a day (jumping to 1,000 with a third shift coming online this spring) simply isn't there.

A mild background hum is about as wild as it gets, interspersed by the whine of pneumatic wrenches as line workers at height-adjustable stations systematically install the guts and gears of each vehicle in well-lit, shirtsleeve conditions.

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

About 3,300 people will call Oshawa Assembly their workplace when a third shift comes on line in May, says Lang. They'll be making vehicles bound for not only the United States and Canada, but also the Middle East, Europe and China.

Flexibility means rapid adaptability, Lang adds, saying that a flexible manufacturing line enables the plant to switch quickly to meet customer and vehicle market changes, and to produce a multitude of vehicle models and platforms, all on the same assembly line.

The complex also boasts a leading-edge vehicle paint facility that set a new standard for Canadian automotive plant paint-shop-emission reductions, he said, reducing volatile organic compound (VOC) emissions by 50 per cent per vehicle.

From start to finish, each vehicle takes less than a day — about 22 hours, start to finish — to complete.

The logistics involved in achieving the capacity to smoothly build 1,000 differently-equipped cars each day requires not just a dedicated workforce, says Lang, but also computer-aided assistance at every step and no end of just-in-time delivery of every part required, getting them in place at each individual station along the line without interruption.

Quality checks are performed frequently throughout the entire process, he said.

If a vehicle is found to have a problem or doesn't exactly meet the customer's specific order, it is removed from the line for correction without affecting the progress of the other vehicles, then re-inserted when the issue has been addressed.

Meanwhile, GM's nearby Consolidated Assembly Line produces the Chevrolet Equinox tall wagon and the last-generation Impala, which will continue to be sold to fleet markets in the United States.

Lang and his colleagues throughout the plant demonstrate a sense of pride in their high-tech, efficient and state-of-the-art plant, and in the vehicles that it produces.

They just don't make a lot of noise about it.

State of the art

GM spent three-quarters of a billion dollars in 2006/'07 to convert the Oshawa facility to a "flexible" line.

Silence is golden

You can carry on a conversation at normal volumes at almost any station all down the line, something not always possible in other less-advanced plants.

Wheel-and-tire packages are ready to go for the cars that drift by on the line.

Parts for the respective models are moved around the factory.

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▲Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. ♦Based on ALG's 2013 Canadian Residual Value Award for Best Compact Car. *MSRP of $19,995/$23,495/$24,495/$25,995 on 2013 Impreza 2.0i 4-door (DF1 BP)/2013 Legacy 2.5i (DA1 BP)/2013 XV Crosstrek Touring Package (DX1 TP)/2014 Forester 2.5i (EJ1 X0). Lease rate of 0.5%/0.5%/1.9%/2.9% for 39/48/39/24 months. Monthly payment is $208/$234/$284/$268 with $2,462/$3,321/$2,566/$2,634 down payment. Option to purchase at end of lease is $11,601/ $11,201/$13,943/$20,168. Advertised pricing consists of MSRP plus charges for Freight/PDI (MY13 $1,595/MY14 $1,650), Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2013 Impreza 2.0i Limited Package 4-door (DF1 LP) with an MSRP of $26,895. 2013 Legacy 3.6R Limited (DA2 LN6) with an MSRP of $34,695. 2013 XV Crosstrek Limited Package (DX1 LP) with an MSRP of $28,995. 2014 Forester 2.5i Limited Package (EJ2 LP) with an MSRP of $33,295. Dealers may sell or lease for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Lease based on a maximum of 20,000 km per year, with excess charged at $0.10/km. Leasing and financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in may be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until July 1, 2013. See your local Subaru dealer for complete program details. **ALL PRICES INCLUDE FREIGHT AND FEES. EXCLUDES HST AND LICENSING.**

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Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

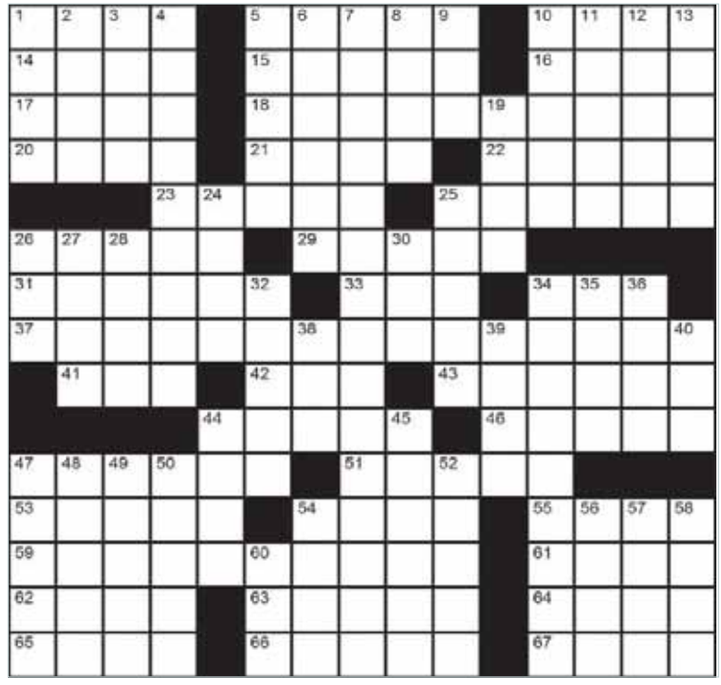
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

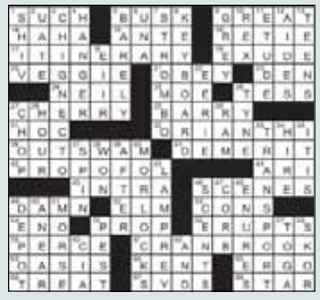
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

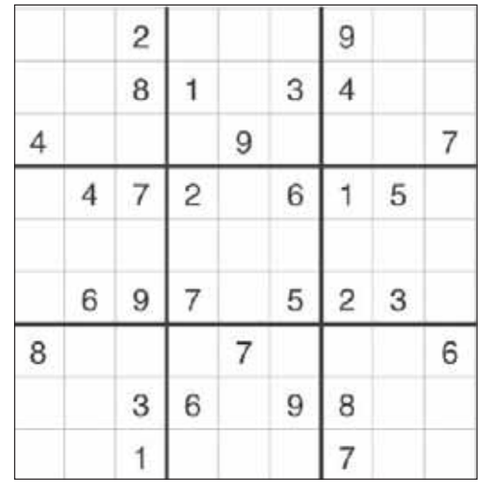
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-movie, "__ Wednesday" (1973)
27. 'Trick' suffix
28. Shawl, for one
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

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2013 GENESIS COUPE

HWY: 6.6L/100 KM
CITY: 10.0 L/100 KM▼

3.8L GT model shown

SELLING PRICE: $28,200• GENESIS COUPE 2.0T 6-SPEED MANUAL. FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

OWN IT FOR $136 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS

NO MONEY DOWN

INCLUDES: 2.0T I4 CVVT DOHC ENGINE • AIR CONDITIONING W/AUTOMATIC CLIMATE CONTROL • 18" ALLOY WHEELS • iPOD®/USB/AUXILIARY INPUT • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

2013 VELOSTER

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

2012 BEST NEW DESIGN
2012 BEST NEW SPORTS/PERFORMANCE CAR (UNDER $50K)

OWN IT FOR $99 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $600 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

Tech. model shown

INCLUDES: 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA • REAR PARKING ASSIST SYSTEM • HEATED FRONT SEATS • 3RD DOOR FOR PASSENGER ACCESS • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM

SELLING PRICE: $20,730• VELOSTER 6-SPEED MANUAL. FEES, DELIVERY, DESTINATION & $600 IN PRICE ADJUSTMENTSΩ INCLUDED. PLUS HST.

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Genesis Coupe 2.0T 6-Speed Manual/Veloster 6-Speed Manual with an annual finance rate of 0% for 96 months. Bi-weekly payments are $77/$136/$99. No down payment required. Cost of Borrowing is $0. Finance offers include Delivery and Destination of $1,495/$1,565/$1,495 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $15,980 (includes $1,500 price adjustment) at 0% per annum equals $77 bi-weekly for 96 months for a total obligation of $15,980. Cash price is $15,980. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Genesis Coupe 2.0T 6-Speed Manual (HWY 6.6L/100KM; City 10.0L/100KM)/Veloster 6-Speed Manual (HWY 5.3L/100KM; City 7.5L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Elantra Limited/Genesis Coupe 3.8L GT 6-Speed Manual/Veloster Tech 6-Speed Manual is $24,930/$38,700/$24,830. Prices include Delivery and Destination charges of $1,495/$1,565/$1,495, fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $1,500/$600 available on 2013 Elantra L 6-Speed Manual /Veloster 6-Speed Manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Ω• •Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

Hyundai Pembroke
1945 Petawawa Blvd.
Pembroke, 613-735-5636

Myers Kanata Hyundai
400-2500 Palladium Dr.
Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
Rockland, 613-446-2220

Surgenor Hyundai
895 St. Laurent Blvd.
Ottawa, 613-741-1800